THE BIG DREAM by Mohammad Metibb, Year 7 Alperton Community School

"Few would have thought things would change so dramatically that day but....can dreams really come true?

Lily and Jake were twins and lived in a small cottage with their parents and their two younger siblings. Their dream was to play in the world's biggest sporting event. The Olympics!

Jake imagined that he would win the football God medal but he also wanted to win the FIFA world cup. Lily imagined that she would win the Gold medal and beat Usain Bolt in the 100m and set a new world record.

The beginning

Lily ripped the letter open as fast as she could. "Oh, oh" she whispered. Lily had been accepted to the Sports College but Jake didn't. In fact his school didn't even do PE. How would he ever achieve his dreams? Jake was determined to pursue his ambition at all costs by training every day after school.

The middle

The twins were happy with their new routines until Mum told them that she had a terrible illness. Jake and Lily did all they could to support the family as they became carers for their Mum and siblings. Nothing could prepare them for the emptiness they felt when their Mum passed away.

There seemed to be no point in training any more. But, over time Jake encouraged Lily to train during the school day. Yet again, disaster struck. A sporting injury meant that Lily dislocated her hips and broke her leg. This injury never healed. Lily decided that she would train to be a Paralympian and trained even harder every day.

The surprise

Jake was having a kick about with his friends in the Park when a West Ham scout spotted him. It was a stroke of luck because the scout was in the park with his toddler and decided that Jake and his friends were worth giving a youth trial at the club.

The finale

Lily was training at Olympic Park when someone shouted over "You have great potential. You should represent the UK as a Paralympian."

Lily couldn't believe her eyes. It was Bolt. Usain Bolt!

5 years later: Photo opportunity

Jake holds the World Cup for England and plays for Paris St Germain. Lily wins 7 gold medals, 2 silver and 4 bronze medals at the Paralympic games, aged only 18.

Remember: Practise makes perfect!